

CREW OFF DUTY

GMT	CREW	ACTIVITY
06:00-06:10		Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
07:30-10:30		Weekly housekeeping
10:30-12:00	CDR	Physical Exercise (RED)
11:30-13:00	FE -1	Physical Exercise (TVIS) day 1
12:00-13:00	CDR	Physical Exercise (CEVIS)
13:00-13:05		TVIS, RED, and HRM data transfer to MEC
13:05-14:05		LUNCH
14:20-14:50		Weekly planning conference (<i>S-band</i>)
15:55-17:05	CDR	In-flight Soldering Investigation in (ISS), Test 5
16:45-17:15	FE -1	COX maintenance
17:15-18:15		Physical Exercise (VELO + Force Loader/cycle 1) day 1
18:15-18:30	CDR	Private family conference (<i>S + Ku-band</i>)
19:05-19:20		Battery charge status check in EVA equipment
19:30-20:00		DINNER
20:00-20:30		Daily food prep
20:30-21:30		Pre-sleep
21:30-06:00		SLEEP
Task List	FE-1	PULSE. Experiment ops

Note: See OSTP for references to US activities

End of radiogram